

Statistics Report 09429, Pineapple, raw, traditional varieties [a](#)
Report Date: June 30, 2017 21:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2	g	87.24	11	2.460	82.5	91.57	1.0	55.978	118.501	2	Analytical or derived from analytical	--	06/2003
Energy	kcal	45	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Energy	kJ	190	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein 1 2	g	0.55	11	0.045	0.3	0.74	1.0	-0.027	1.117	2	Analytical or derived from analytical	--	06/2003
Total lipid (fat) 1 2	g	0.13	11	0.033	0.05	0.2	1.0	-0.294	0.548	2	Analytical or derived from analytical	--	06/2003
Ash 1 2	g	0.27	11	0.049	0.05	0.37	1.0	-0.354	0.89	2	Analytical or derived from analytical	--	06/2003
Carbohydrate, by difference	g	11.82	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Sugars, total 2	g	8.29	3	0.932	6.9	10.06	2.0	4.28	12.299	1	Analytical or derived from analytical	--	06/2003
Sucrose 2	g	4.59	3	0.729	3.51	5.98	2.0	1.457	7.73	1	Analytical or derived from analytical	--	06/2003

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Glucose (dextrose) 2	g	1.76	3	0.227	1.31	2.03	2.0	0.785	2.735	1	Analytical or derived from analytical	--	06/2003
Fructose 2	g	1.94	3	0.325	1.3	2.37	2.0	0.537	3.336	1	Analytical or derived from analytical	--	06/2003
Lactose 2	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2003
Maltose 2	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2003
Galactose 2	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2003
Minerals													
Calcium, Ca 1 2 3	mg	13	11	1.723	6	19	2.0	5.226	20.052	3	Analytical or derived from analytical	--	06/2003
Iron, Fe 1 2 3	mg	0.25	12	0.063	0.13	0.37	2.0	-0.023	0.522	3	Analytical or derived from analytical	--	06/2003
Magnesium, Mg 1 2 3	mg	12	12	1.630	9	24	2.0	5.484	19.511	3	Analytical or derived from analytical	--	06/2003
Phosphorus, P 1 2	mg	9	11	2.849	5	17	1.0	-27.251	45.159	2	Analytical or derived from analytical	--	06/2003
Potassium, K 1 2 3	mg	125	12	18.777	81	162	2.0	44.01	205.593	3	Analytical or derived from analytical	--	06/2003

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Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	09266	06/2003
Zinc, Zn 1 2 3	mg	0.08	11	0.008	0.04	0.12	2.0	0.045	0.117	3	Analytical or derived from analytical	--	06/2003
Copper, Cu 1 2 3	mg	0.081	12	0.013	0.04	0.16	2.0	0.025	0.136	3	Analytical or derived from analytical	--	06/2003
Manganese, Mn 1 2 3	mg	1.593	12	0.473	0.68	4.17	2.0	-0.441	3.627	3	Analytical or derived from analytical	--	06/2003
Selenium, Se 2	µg	0.0	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	06/2003
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	16.9	11	2.464	7.9	39.9	1.0	-14.387	48.232	2	Analytical or derived from analytical	--	06/2003
Thiamin 1 2	mg	0.078	10	0.002	0.07	0.09	1.0	0.055	0.1	2	Analytical or derived from analytical	--	06/2003
Riboflavin 1 2	mg	0.029	10	0.016	0.01	0.05	1.0	-0.177	0.235	2	Analytical or derived from analytical	--	06/2003
Niacin 1 2	mg	0.470	6	0.283	0.17	1.02	1.0	-3.125	4.066	2	Analytical or derived from analytical	--	06/2003
Pantothenic acid 1 2	mg	0.193	10	0.032	0.13	0.24	1.0	-0.208	0.595	2	Analytical or derived from analytical	--	06/2003

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Vitamin B-6 1 2	mg	0.106	10	0.003	0.08	0.13	1.0	0.068	0.143	2	Analytical or derived from analytical	--	06/2003
Folate, total 1 2	µg	11	10	2.313	8	17	1.0	-18.878	39.902	2	Analytical or derived from analytical	--	06/2003
Folate, food	µg	11	10	2.313	8	17	1.0	-18.878	39.902	2	Analytical or derived from analytical	--	02/2007
Choline, total 4	mg	5.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine 4	mg	0.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin A, RAE 1 2	µg	3	10	0.312	2	4	1.0	-1.366	6.575	2	Analytical or derived from analytical	--	06/2003
Carotene, beta 1 2	µg	31	10	3.750	20	50	1.0	-16.398	78.898	2	Analytical or derived from analytical	--	06/2003
Carotene, alpha 2	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2003
Cryptoxanthin, beta 2	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2003
Vitamin A, IU 1 2	IU	52	10	6.250	33	83	1.0	-27.33	131.497	2	Analytical or derived from analytical	--	06/2003

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Lycopene 2	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2003
Lutein + zeaxanthin 2	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 2	µg	0.7	2	--	0.7	0.8	1.0	--	--	1	Analytical or derived from analytical	--	06/2003
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Sources of Data

- ¹Produce Marketing Association (PMA) Nutrient Content of Pineapple, 1981
- ²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5k, 2001 Beltsville MD
- ³N.J. Miller-Ihli Atomic absorption and atomic emission spectrometry for the determination of the trace element content of selected fruits consumed in the United States, 1996 Journal of Food Composition and Analysis 9 4 pp.301-311
- ⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

Footnotes

^a Values based on Champaka and Smoothie Cayenne varieties.